

CONTACT TRACING is an easy, confidential process that slows the spread of COVID-19. If you test positive for COVID-19, you will get a call from the COVID-19 Community Team. Their job is to learn where you might have been exposed and who else might have been exposed to the virus. A COVID-19 Community Team member will notify the people you have been in close contact with of their exposure and provide them with available support to stay healthy. All information that you provide is confidential and is not shared outside of the COVID-19 Community Team.

Mia and Mark are at the same birthday party over the weekend.



A few days later, Mia begins to show symptoms for COVID-19 and tests positive.



EQUIPO DE COMUNIDAD COVID-19



The COVID-19 Community Team receives Mia's positive test results and calls Mia to trace the locations she has visited and the people who have been in close contact with her. They also connect her to available support, if necessary and check in with her to monitor her symptoms.

The COVID-19 Community Team contacts Mark, and anyone else Mia identifies as being in close contact with, to notify him that he may have been exposed to COVID-19.

*The COVID-19 Community Team representative keeps Mia's identity anonymous when making these contact calls.



DID YOU KNOW? A close contact is defined as those you have been within 6 feet of for more than 15 minutes within a 24 hour period. These do not have to be consecutive minutes.



The COVID-19 Community Team tells Mark how to get tested and how to quarantine. They also connect Mark to available support, if necessary. Mark begins to quarantine and there are **two possible things that can happen:**

EQUIPO DE COMUNIDAD COVID-19



DID YOU KNOW? Your information will never be shared with other organizations – it will only be used to assist contact tracing efforts. Contact tracers will also never ask you to provide information such as credit card information or immigration status.

Mark does not test positive or develop symptoms. If Mark still hasn't developed symptoms after 14 days, his **quarantine** can end.



Mark tests positive or develops symptoms. Mark needs to:

1. Isolate for at least 10 days since symptoms started
2. Get medical help (if needed)
3. Speak to a contact tracer and provide a list of his close contacts



DID YOU KNOW? Help is available. The COVID-19 Community Outreach team can offer advice on taking care of yourself, and may be able to connect you to available support such as delivery of groceries, medications, and COVID-19 related supplies like masks and a thermometer.

Isolation is for infected persons; **quarantine** is for contacts. **Isolation** requires a person to stay entirely in their own space (room and bathroom) away from others until recovery, while **quarantine** requires a person watch for COVID-19 symptoms and, if possible, to stay away from others for 14 days since last exposed to COVID-19.

BE THE ONE.

You can help slow the spread of COVID-19. If you see your local health department or NC Outreach (844-628-7223) appear on your phone, please answer the call to protect your community and the people you care about. You may also call NC Outreach (844-628-7223) to learn more about available support to stay healthy.



NC DEPARTMENT OF
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covid19.ncdhhs.gov

